

Activitats Dirigides Duet Sports Tiana

De l'1 al 31 d'agost

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
07.15	08.00	S2	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
07.15	07.30	SF	FREE FIT		GAC 15'		ABDOMINALS 15'		
07.30	07.50	SF	GAC 15'		ABDOMINALS 15'				
08.00	08.15	SF		ABDOMINALS 15'	ESTIRAMENTS 15'	GAC 15'			
08.15	09.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
08.15	09.00	PS		AIGUAGIM		AIGUAGIM			
08.30	09.20	S1	PILATES		IOGA		ESQUENA SANA		
09.15	10.00	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM		
09.30	10.20	S1	CTC	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA		
09.30	10.20	S2	CYCLING	CYCLING VIRTUAL	CYCLING		CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.15	10.30	SF	ABDOMINALS 15'		ABDOMINALS 15'		ABDOMINALS 15'	GAC 15'	
10.30	10.45	SF		GAC 15'	FREE FIT	GAC 15'			ESTIRAMENTS 15'
10.30	11.20	S1	ZUMBA		ESQUENA SANA				
10.30	11.20	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	12.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	GAC 15'		GAC 15'				
11.45	12.00	SF						ABDOMINALS 15'	ABDOMINALS 15'
12.30	13.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
M I G D I A									
13.30	14.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.30	15.20	S1			PILATES				
14.30	15.20	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
T A R D A									
15.30	16.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.15	S2	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
17.00	17.50	S1			IOGA		IOGA		
17.00	17.45	S2		CYCLING VIRTUAL		CYCLING VIRTUAL			
17.00	17.15	SF		ESTIRAMENTS 15'		ESTIRAMENTS 15'			
17.30	18.15	S2						CYCLING VIRTUAL	
18.00	18.50	S1	BODY PUMP	BODY COMBAT	ZUMBA	ESQUENA SANA	BODY PUMP		
18.00	18.45	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
18.00	18.15	SF			GAC 15'	FREE FIT	FREE FIT		
18.15	18.30	SF	GAC 15'		ABDOMINALS 15'		GAC 15'		
18.30	19.15	S2						CYCLING VIRTUAL	
19.00	19.45	PS	AIGUAGIM		AIGUAGIM				
19.00	19.50	S1	BODY COMBAT	ZUMBA	DUET CARDIOHIIT	BODY PUMP			
19.00	19.45	S2	CYCLING		CYCLING		CYCLING		
19.15	19.30	SF		GAC 15'	ESTIRAMENTS 15'	GAC 15'			
19.30	20.15	S2		CYCLING		CYCLING			
19.45	20.00	SF	ABDOMINALS 15'		ABDOMINALS 15'		GAC 15'		
20.00	20.50	S1		DUET BOXING	BODY COMBAT	ZUMBA			
20.00	20.45	S2	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
20.15	20.30	SF		ABDOMINALS 15'		ABDOMINALS 15'			
20.30	21.15	S2		CYCLING VIRTUAL		CYCLING VIRTUAL			
21.00	21.45	S2	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
21.30	22.15	S2		CYCLING VIRTUAL		CYCLING VIRTUAL			

TIPUS D'ACTIVITAT
CREMA CALORIES
TONIFICACIÓ
PREVENCIÓ I RELAX
SALUT

ESPAIS ESPORTIUS
S1 SALA 1
S2 SALA 2
PS PISCINA
SF SALA DE FITNESS
EXT EXTERIOR

DUET SPORTS es reserva el dret de modificació d'aquest horari.

*Les AADD Xpress poden quedar alterades segons la disponibilitat del tècnic de Fitness